



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19086, Candies, confectioner's coating, peanut butter

Report Date: June 26, 2017 17:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup chips 168g	1 oz 28.35g
Proximates						
Water	g	2.67	--	--	4.49	0.76
Energy	kcal	529	--	--	889	150
Energy	kJ	2213	--	--	3718	627
Protein	g	18.30	1	--	30.74	5.19
Total lipid (fat)	g	29.80	1	--	50.06	8.45
Ash	g	2.35	--	--	3.95	0.67
Carbohydrate, by difference	g	46.88	--	--	78.76	13.29
Fiber, total dietary	g	5.0	--	--	8.4	1.4
Sugars, total	g	38.30	--	--	64.34	10.86
Minerals						
Calcium, Ca	mg	110	1	--	185	31
Iron, Fe	mg	1.70	1	--	2.86	0.48
Magnesium, Mg	mg	110	1	--	185	31
Phosphorus, P	mg	310	1	--	521	88
Potassium, K	mg	505	1	--	848	143
Sodium, Na	mg	250	1	--	420	71
Zinc, Zn	mg	2.00	1	--	3.36	0.57
Copper, Cu	mg	0.400	1	--	0.672	0.113
Manganese, Mn	mg	1.400	1	--	2.352	0.397
Selenium, Se	µg	3.9	--	--	6.6	1.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.3	--	--	0.5	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup chips 168g	1 oz 28.35g
Thiamin	mg	0.232	--	--	0.390	0.066
Riboflavin	mg	0.200	1	--	0.336	0.057
Niacin	mg	8.200	1	--	13.776	2.325
Pantothenic acid	mg	1.056	--	--	1.774	0.299
Vitamin B-6	mg	0.170	--	--	0.286	0.048
Folate, total	µg	77	--	--	129	22
Folic acid	µg	0	--	--	0	0
Folate, food	µg	77	--	--	129	22
Folate, DFE	µg	77	--	--	129	22
Choline, total	mg	30.0	--	--	50.4	8.5
Vitamin B-12	µg	0.20	--	--	0.34	0.06
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	1	--	--	2	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	1.36	--	--	2.28	0.39
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	7.3	--	--	12.3	2.1
Lipids						
Fatty acids, total saturated	g	13.120	--	--	22.042	3.720
4:0	g	0.011	--	--	0.018	0.003
6:0	g	0.022	--	--	0.037	0.006
8:0	g	0.352	--	--	0.591	0.100
10:0	g	0.439	--	--	0.738	0.124

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup chips 168g	1 oz 28.35g
12:0	g	7.540	--	--	12.667	2.138
14:0	g	2.676	--	--	4.496	0.759
15:0	g	0.001	--	--	0.002	0.000
16:0	g	1.404	--	--	2.359	0.398
17:0	g	0.004	--	--	0.007	0.001
18:0	g	0.643	--	--	1.080	0.182
20:0	g	0.016	--	--	0.027	0.005
22:0	g	0.011	--	--	0.018	0.003
Fatty acids, total monounsaturated	g	12.829	--	--	21.553	3.637
16:1 undifferentiated	g	0.016	--	--	0.027	0.005
18:1 undifferentiated	g	12.801	--	--	21.506	3.629
20:1	g	0.011	--	--	0.018	0.003
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.053	--	--	3.449	0.582
18:2 undifferentiated	g	1.949	--	--	3.274	0.553
18:3 undifferentiated	g	0.032	--	--	0.054	0.009
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	1.763	--	--	2.962	0.500
Cholesterol	mg	1	--	--	2	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0